**My Thanksgiving this Holiday Season!**

I’m sitting here not believing that Thanksgiving is next week. Honestly, if you asked me about my internal calendar, I think we should be sitting somewhere in the month of July, there’s just no way that it’s already the middle of November! It’s true, what all my senior friends and clients have told me all these years, “The older you get the faster time flies!”

As I was pondering a topic for this week, I started thinking about the things that I am thankful for with regards to health and fitness, both personally and professionally. So in honor of our thanksgiving holiday that is just around the corner, I’d like to share some of my own thanksgivings.

First and fortunately, I am thankful for my mom and dad. Not only have they supplied me with a good line of DNA that is essentially very healthy, they began exercising when I was at a very impressionable age (around my 6th grade). My parents, both became avid runners, which started as personal conditioning for a winter skiing trip to Colorado (remember, that I grew up in Florida). Mom wasn’t about to let the mountains of Colorado wear her out! The Colorado conditioning turned into a love and long time running affair for both she and my dad. I witnessed and reaped all the benefits of having two very fit, energetic and healthy parents and for this I am thankful.

I am thankful for my athleticism, interest and ability to participate in sports back in school. I think about how participating in sports changed my physical and emotional growth during those most impressionable years of learning about myself. Being a part of an athletic team allowed me the time to develop a strong sense of confidence, a sense of knowing that I can accomplish just about anything I honestly put my mind to. Winning and losing are a part of life and I am thankful that I got to learn that amongst fellow teammates and coaches that knew how to teach me these lessons in high school. Also, I can’t name how many times I have quoted or used a tactics that my high school swimming coach used to motivate me to be my best. Thankful for him too and those memories!

I am thankful that I was given the opportunity to choose what I wanted to “be when I grew up.” I can remember calling home from college in the last semester prior to having to declare a major at the University of Florida. Even at that time I wasn’t sure what I wanted to declare as my potential major. My dad advised me to take one of “everything” that you think you are interested in. Guess what? Human anatomy won out over the accounting, computer, art and other teaching classes. Aren’t we all happy about that? After that semester, I knew that I wanted to study “exercise science” and that’s what I did.

Along the way of achieving my “career” as I know it today, there have been many influential individuals that have challenged my thoughts, supported my dreams, and encouraged my successes.

I am thankful for my kids and my ex-husband for their patience in allowing me to be the best mom, raise an amazing family and be a strong business partner! I am thankful for my new loves in my life allowing me to continue to build on these family strengths.

But most importantly, I am thankful for what’s happened here in Estes Park and our sustained presence at MedX. Every day I am inspired when I see individuals feeling better, looking better and doing better things for themselves.

Being thankful is all about being willing to accept and embrace the good things happening around you. Being thankful is having the ability to change your “thoughts” so that you can be healthier. Being thankful is letting your parents, siblings, spouses, partners, children, coaches, professors, friends and everyone else in your life know that you thank them for helping you become who you are today.

Are you a person that will be thanked for the guidance you have given, the example you have set and the inspiration you share? I hope so! Thank you Estes Park for supporting and reading this column every week, I am thankful for you too! Happy Thanksgiving!